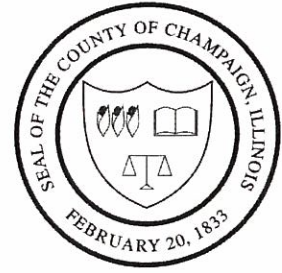




Public Health
Prevent. Promote. Protect.

Champaign-Urbana Public Health District



- H1N1 FLU -

There are everyday actions people can take to stay healthy.

What You Can Do to Stay Healthy

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

Try to avoid close contact with sick people.

- Stay informed. The CUPHD website (www.c-uphd.org) will be updated regularly as information becomes available.
- Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.
- Develop a family emergency plan as a precaution. This should include storing a supply of food, medicines, facemasks, alcohol-based hand rubs and other essential supplies.

H1N1 Flu Information Line: 1.866.848.2094

Additional Informational Resources: www.c-uphd.org
www.stock2forflu.com
www.champcoprepares.com

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